

### **BARLEY IS HEART HEALTHY**

- ♥ Barley Beta-glucan fiber significantly lowers total cholesterol and LDL cholesterol ("bad" cholesterol) levels reducing the risk of cardiovascular disease.

### **BARLEY IS A "KEEPER CARB"**

- ♥ Barley has a very low glycemic index, slowing digestion of all carbohydrates and reducing the rise in glucose and insulin.
- ♥ Barley is naturally cholesterol free and low in fat. For example, 1/2 cup of cooked barley contains less than 1/2 gram of fat and only 100 calories.

### **BARLEY IS A WHOLE GRAIN**

- ♥ 2005 Dietary Guidelines recommend individuals to eat three servings of whole grains every day.

### **IT'S EASY TO ADD BARLEY TO YOUR MENU**

- ♥ Cook a batch of barley at the beginning of the week then use it day by day in soups and salads.
- ♥ Except for breakfast, consider cooking barley in broth for added flavor.
- ♥ Leftover barley can be added to soups or made into quick salads by adding chopped vegetables or fruit and a little dressing.
- ♥ Barley is an excellent ingredient for slow cooking because it retains its nutty texture as it simmers away in the crockpot.

# **Barley**

**For your heart.  
For your health.**

## All-Season Barley Salad

1 cup pearl barley  
3 cups water  
1 tsp salt  
1/4 cup bottled Italian dressing  
1/4 diced bacon, fried until crisp  
and drained  
1 1/2 cup frozen green peas, thawed  
1 cup thinly sliced celery  
1/2 cup thinly sliced onion  
1/3 cup sliced water chestnuts  
1 jar (2 oz.) sliced pimentos, drained  
1/4 cup each mayonnaise and  
sour cream  
salt and pepper to taste

♥ Place barley, water and salt in large saucepan. Bring to boil. Cover and cook on low heat for 1 hour or until tender. Drain well. Pour Italian dressing over warm barley and toss to coat lightly. Cover and chill. Add remaining ingredients, except garnish.

**FOR CHILLED SALAD:** Spoon barley mixture into serving bowl; chill 2 to 3 hours.

**FOR A HOT SALAD:** Spoon mixture into a baking dish. Bake at 350° F 15 to 20 minutes. Garnish salad with tomato slices. Makes 6 servings.

**VARIATIONS:** In place of bacon, substitute 1 cup cooked shrimp or 1 can tuna, 3 diced hardboiled egg, 1 cup diced ham, or 1 cup cooked and cubed chicken.

Additional barley recipes can be found at [www.barleyfoods.org](http://www.barleyfoods.org) and [www.idahobarley.org](http://www.idahobarley.org)



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